



Shine is a Sol Yoga, LLC publication meant to fuel our souls and encourage us on our paths - just another way to infuse & inspire health, wellness and wholeness into our daily lives.

CHECK OUT THE NEW SCHEDULE!

- We have **NEW LEVELS!** Find the right class for you on the next page!
- **Extra Gentle Yoga** begins Tuesday September 12th. **FIRST CLASS FREE!**
- **Friday Morning** 9:15am Class starts again on September 15
- **\$5 Friday** nights. Come one, come all. Proceeds to charity.
- We are amp-ing up **Saturday mornings.** Get your body moving with Anya. Now an extra 15 minutes.
- **SUN SAL SUNDAY** a cool new class to wrap up your week.
- Regular **Prenatal** workshop/classes on Saturday's.

"I have to say that you have done such a great job cultivating a warm, inviting space to encourage people to explore their practice and their lives. I love to see all the stuff going on in and out of the studio!"

Melissa Y.

Flow into Fall

A certain amount of sweet nostalgia sets in this time of year. Our sun goes down and the slow days of summer give way to the busyness of fall.

Hopefully, your summer was full of down time and moments to be remembered. Perhaps you dangled your feet over the edge of a quiet dock, climbed a mountain, built a sand castle or ate a delicious ear of corn on the cob! Whatever the memory, let it sit on the tip of your brain like a photo on your desk. Retain the sweetness and warmth of the summer and embrace the beautiful changes that are about to begin.

Once again, its time for change. Glorious weather will be upon us shortly and leaves will begin to blanket our yards. Let your yoga practice ground and remind you that life is a constant evolution and its as good as you perceive it to be. Enjoy our fall edition of *Shine*.

Happy September ~ Dorcas & Sol Yoga Crew

Fall Schedule Effective September 12th, 2006

MON	TUES	WED	THURS	FRI	SAT	SUN
Yoga w/ Deb* 10-11:15am *pre-register		MIXED FLOW LEVEL 2/3 9:15-10:30am		MIXED FLOW LEVEL 1/2 9:15-10:30am	MIXED FLOW LEVEL 2/3 9:15-10:30am	
					PRENATAL 10:45-12:30PM Call for details	
			EVENING			
GENTLE FLOW 5:30-6:45pm	EXTRA GENTLE 5:15-6:30pm		GENTLE FLOW 5:15-6:30p			SUN SAL SUNDAY 4-5:15pm
		Downtime Meditation 6-6:45pm		\$5 FRIDAY (MIXED 1/2) 6-7:15pm		
	MIXED FLOW LEVEL 1/2 6:45-8pm	VINYASA FLOW 7-8:30pm	Pick up a copy of this schedule in the studio & remember that all classes (unless noted) are drop in.			

What Level Are You?

Whether you are a beginner or have been practicing for years, its important to take a minute to assess your level. Occasionally, you have to ask yourself if you are getting enough out of your practice or if it's too hard? In the same way you should know your level on a ski slope, its important to pick the right yoga class for your body and preference. All studios are different, so we've designed a little key to help you decide what level of challenge you would like. Take our quiz, check out ALL our new class descriptions & try something new!

Take our quiz

- 1) Choose an Activity Level that best describes you

ACTIVE 

(you participate in other activities, sports or regularly work out)

MIDLY ACTIVE / INACTIVE 

(no serious limitations, healthy, but not active)

SPECIAL NEEDS 

(injured, limited mobility, chronic illness, etc)


- 2) Choose your appropriate experience with yoga

A Raw Beginner

B Tried it Before (1-5 times)

C Some Experience (1-3 years)

D More Experience (3+ years)

- 3) Combine your color & letter and find your class options to the right. Ex. If you are a  **B**, then you should try our Extra Gentle Class.

Tips: try all levels and then return to that one the is just a teeny bit outside of your comfort zone (if you are healthy.) Are you are a real go-getter? Always pushing yourself to the extreme? Try EXTRA GENTLE or GENTLE for a little balance in your life.

"I want to let you know that I've really enjoyed taking classes at Sol Yoga. I'm a regular gym-goer, but I'm noticing that practicing yoga is shaping me in a different way than cardio and weight training have. I look forward to Wednesday's Vinyasa Flow every week!"

Eryn W.

Extra Gentle

ABCD



Take it easy in this slow paced class for anyone. Experience the many benefits of yoga as postures are introduced slowly and carefully. No experience or flexibility required. Excellent for raw beginners with minimal activity levels, those working with special needs or if you prefer a more restorative style of yoga.

Gentle Flow

ABCD



A relaxing, smooth flow for all bodies and all levels that will s-t-r-e-t-c-h your body and relax your mind. An all around great class for beginners thru advanced.

Mixed Flow Level 1/2

BCD



A well-rounded yoga class accessible to most levels. Moderately paced, the class is characterized by flow between postures with an emphasis on breath & modifications to increase or reduce the intensity of your practice, making it great for beginners with an active lifestyle or those with some basic yoga experience.

Mixed Flow Level 2/3

CD



A dynamic and moderately challenging flow designed for those who want to deepen their practice by exploring increased intensity levels and some more advanced postures. Suited for those with yoga experience and free of serious injuries.

Vinyasa Flow

CD



Vigorous, flowing class connecting the breath to yoga postures. It offers a challenging workout for building strength, flexibility, endurance and body awareness. This is a fast-paced class and yoga experience is required. Please bring a towel and be ready to sweat!

\$5 Friday's

BCD



Do something healthy and good this weekend! Proceeds from this class go to charity in this Mixed Flow 1/2 yoga blend suitable for all levels. Inspire your friends and family to come along and start their weekend off right - all with plenty of time to catch a movie or date afterwards.

Sun Sal Sunday

BCD



End your weekend right with an hour of flow. Enjoy the consistency & explore the variety of sun salutations with various teachers. Look forward to an extra long final relaxation & float into a blissful Sunday evening. All levels welcome.

\$5 Weekends

**Get Back on Track in the MONTH OF SEPTEMBER
take one regular priced class during the week and enjoy
your second class on Friday night, Saturday or Sunday for \$5**

Vinyasa Basics

Saturday September 16th
9:15-10:45am

Find out why Vinyasa Yoga is the hot new trend. Put the power in your yoga and learn how to safely link your poses together and build a seamless flow that will have you shedding your clothes and wiping your brow. Join Anya for this special 1.5 hour Saturday morning session. This class will take the place of regular Saturday morning class. Must pre-register. No experience req & experienced practitioners welcome too!

Cost: same as regular class

Break it Down Want to learn more about the mechanics of asana? Do you wonder if you are doing it 'right,' what it is 'supposed' to really look like and how to make adjustments? This series will dissect a few poses each class to help you find proper alignment & better understanding of each pose. The series will begin in February and continue throughout the year. No previous experience required. Topic: Backbending

Date: Thurs September 21

Time: 7-8:30pm

Cost: \$25 per session

To Register
for All Workshops & Specialty
Classes: Call 877.SOL.YOGA or
kristina@solyoga.org

AT A GLANCE

- SEPT 9TH—PRENATAL
- SEPT 16—VINYASA BASICS
- SEPT 21—BREAK IT DOWN
- SEPT 22—TRANCE DANCE
- SEPT 23—PRENATAL
- OCTOBER 13 —MOON LOUNGE
- NOVEMBER—BODY AWARENESS: Using your instincts to Protect Yourself

Yoga Trance Dance, Friday

September 22nd, 7:30pm

If you have yet to try this, here is another chance. It's a **phenomenal experience** described as a contemporary exploration of the spirit of dance within yoga. A free form exploration of creative movement, its a fantastic and fun way to increase fluidity, range of motion and stamina.

Led by Maria Garre. Must pre-register, only 12 spots!

Time: 7:30-9pm

Cost: \$20

Prenatal Yoga—Ongoing

Has your doctor recommended that you do yoga during your pregnancy? Take time to connect with your body, your breath and your baby during this special time. This workshop will include breathing techniques, yoga instruction & some time to bond with other mothers. Carla will suggest some poses you can practice at home as well. Open to moms-to-be in their second or third trimester

Dates: September 9th, September 23

Time: 10:45-12:30pm

Cost: \$35 per workshop or \$99 for 3

SY Adventures

The Summer might be almost over, but there is still plenty of adventure to be had...

Southwest Wanderer

Our trip to the grand canyon & southwest will now be taking place in the Spring, so keep your calendars open & your eyes peeled for the dates.

Yoga in Miami:

How about a little fun in the sand in October? Just when things are really cooling down, schedule yourself a yoga trip to MIAMI! A group of us are heading down to the Art of Vinyasa Conference from October 27-29th. Tickets are super cheap (\$69 one way) and there is still time to get the early registration rates. If you love yoga and want to deepen your practice, this is a fun and fantastic way to sample a variety of national & internationally known teachers. Check out www.artofvinyasa.com for details. If you are interested in traveling with us, email DQ.



"I thoroughly enjoyed the meeting of the "Moon Lodge" and cannot wait until the reunion. All in all, I just wanted you to know that your efforts (and Kristina's) made my heart happy and my soul shine."

S. White



Once in a while, you meet new people and think, wow, they are cool. You find things out about them you never would have guessed and suddenly a connection is born. There are other times you may have offered a thought that made someone's day, but you might never know. Our Moon Lounge (formerly Lodge) inspires good times, laughter and sincere connections. Register for our next one on October 13th.



brighten your day. lighten your soul. energize your body.



SUMMER TRAVEL PHOTO CONTEST

all of our featured photos are taken by Shine readers. Our cover photo was taken by Gretchen & Andy McGraw in Ocracoke, NC. Another out of state loyal reader sent in 'shells,' also from Ocracoke Island in NC. John does yoga in the Grand Canyon, Adam stayed in a yurt in Kyrgyzstan & the rest are from SE Asia. Thanks for sharing the world with us! Its beautiful.

solyogaStudentNews

Congratulations to Ariadna, our student of the month. She makes it to an average of 3 classes every single week, putting her monthly membership to good use. Lots of teacher training going on—Kim & Kristen spent a few weeks in California with Shiva Rea and Kristina is wrapping up hands-on assisting training in Georgetown. Meredith is moving to Ireland! Audra moved to Denver & will live just 3 blocks away from Core Power Yoga! Robin is recovering from surgery and Connie will be back in the studio after a summer spent healing. Gretchen is prego! Kristina will travel to Sweden and take some Iyengar yoga. Long lost Ally is offering amazing art classes for kids & adults. Linda Pruce is always up to something cool, check out www.enterthecircle.com. Lots of new students joined our community this summer! Welcome all.

solyogaStaff

Meet Angie Tressler, part of our crew of amazing volunteer studio staff. She's a real team player and has helped us out at the last minute many times this summer. Smiley and quiet, it takes a while to get to know Angie. But you won't miss her big helper—3 year old daughter Nenita that comes along sometimes to help stamp checks and register people for class!

Angie is no stranger to volunteer service or hard work. Having spent 2+ years living in Congo, Africa as a Peace Corps Volunteer she is ready for just about anything. She is a dedicated full time mother at the moment and lives near downtown Frederick with her family.

Committed to her yoga practice of 3+ years, Angie is in the studio several times a week and rarely misses Wednesday night Vinyasa Flow. Thanks for your hard work & dedication.

Important Studio Tidbits

- Please leave plenty of room for others to join class when you place your mats, especially if you arrive early. Our studio can hold 22 people rather comfortably (believe it or not!). if you don't know how to set up for class, just check with the teacher or helper. There is plenty of room for everyone, even if you are mat 2 mat!
 - Lost & found is now in the cubby closet inside the studio.
 - Join us at In the Streets on October 7th.



Early Morning Clarity... A travel excerpt

Written Outside Kuala Lumpur, Mylasia Airport, July 30, 2006, 5:15am

It's been a pretty intense 26 days as I return to my point of origination. I feel like I've literally been all over the place. My body has been connecting the dots on a 15 stop round the world tour while my head has been on its own zigzag pattern. Occasionally, my spine lines up with my brain and even my emotions and I feel so connected that I wonder if I'm having an out of body experience.

For me, this is what traveling is about – experiencing that grounded to the earth and connected to God moment that stops me in my tracks and makes me feel so still inside that its frightening. At home, those moments are fleeting at best, but on the road they are rampant and moving.

Traveling this way (backpack & guidebook) is sheer adventure and sometimes well, sheer

panic. Its not usually comfortable, or luxurious, or anything that you might associate with the word 'vacation,' but what it IS, makes up for it. I'm completely vulnerable, totally anonymous and constantly smacked in the face with new experiences. Some might find this terrifying, or call it 'eco-torture,' or think it sounds miserable, and the truth is, I often do too. But like any struggle in life, it takes us to new levels; and in this case, beautiful places too.

The beauty this time is the rawness found on and off the beaten path in Southeast Asia. The liveliness of Bangkok, the ancient temples of Angkor Wat, the tallest buildings in the world in Kuala Lumpur, the mountains and beaches of Cambodia, and all the phenomenal road, water, sky, people and life in between. *For the complete 16 page account email DQ. For photos view: <http://share.shutterstock.com/action/welcome?sid=8AbOWbFq0cs2GS>*



The best yoga I've ever experienced has not been on a mat, in a quiet studio or set to music. It has not been choreographed or creative or even original. Furthermore, I didn't even realize it until it was over. It happens on the playground of life.

The fact that the word *yoga* means *union* is nothing new. But to experience the connection it refers to, is simply lovely. For me, its a feeling of total contentment and stillness. Occasionally, it wraps around me, picks me up and makes me float. I can go hours without drifting into past or future, without worrying about controlling what I *think* is in my control and without planning my next move. Usually I'm in some foreign country getting a healthy dose of perspective or serving others in a volunteer capacity when it is most prominent. On occasion, it mingles just after a yoga practice.

Our physical (asana) practice is just a small, but vital, part on the walk to experiencing personal contentment. Just like arteries get clogged with junk food, our energy and communication channels in our body get blocked by 'rubbish.' (as BKS Iyengar calls it). Stress, stored emotions, old injuries and inactivity all contribute to murky, stagnant places in our bodies. Our physical yoga practice gives us the opportunity to stir the 'rubbish' up and

get it out, thus taking the first step to clear our channels so that our bodies can share vital intelligence with our brain. Yoga teaches us that in order to experience quality connection with ourselves, nature, or others, we must have a clear path from our heart to our soul and on to our feet and hands that touch the earth. We must be aligned, in order to experience clarity & union.

I hear myself preach these two little words over and over again: 'be present.' At first, it seems impossible and even a little cliché. (you want me to just focus on my breath for how long?, are you serious?) But over time, it begins to seep into you life in momentary increments. (like little lightning bolts of stillness). Then, after some practice and a little coincidence, things line up just right and you'll get a few hours of just 'being present'. Half a day is about where I am, and that's an all time record for me. I keep reminding myself to take baby steps.

There's a goofy magnet on my refrigerator that reads: "The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." Buddha playfully reminds me to pick my battles and live today.



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